



The Quest

Unitarian Church of Calgary
1703 1st Street, NW Calgary, AB, T2M 4P4
www.unitarianscalgary.org / 403-276-2436



January 2015

Monthly Theme: Character

Rhapsody in Blue Jazz Party & Service Auction

Saturday February 28, 2015

Jazz Party 5:00 - 7:00

Auction 7:00

Tickets to the Rhapsody in Blue Party are now on SALE, find tickets during Coffee Hour, but they will only be available until February 14th. Purchase some for friends, family members, co-workers or neighbours, as it will be the party to attend!

The Unitarian Church of Calgary will hold their Annual Service Auction on February 28th, this year being kicked off with a Rhapsody in Blue Jazz and Cocktail Party. There will be a Jazz band, amazing food from our food gurus and to top it all off the Service Auction, a fundraiser that has brought more than \$18,000 over the last two years.

The cocktail party will be a ticketed event, while participation in the service and silent auction is by donation. Tickets for the Rhapsody in Blue Jazz party will be \$25 per person, and are limited. The doors will open at 5:00, with a bar for your pleasures. The Jazz and food will begin at 5:30 and the Service auction will start at 7:00.

All of the items auctioned this night are the services and talents that you offer, and You can now offer your Service Items online, just head to the events page on www.unitarianscalgary.org and fill out the form. Items that

were in last years' Service Auction include An Austrian dinner, A Raclette party, a Scotch tasting, Cases of Homemade Wine, 12 dish clothes 1 per month, handmade Cards, Murder Mystery Dinner Party, and Cello House concert. Offers will only be accepted until February 21st, so please ensure you get yours in!

Can't decide what your service or talent is? Perhaps you would prefer to help out with the organization of this special event? We are looking for volunteers to help with many different things:

Before Event:

Create or put together a basket to be raffled off at the auction.

Help clarify each offer that comes in, so on the night of the event things run smoothly

Create the PowerPoint of auction items

Help out in the Kitchen, preparing items the week before the event

Help organize envelopes and paddles for the big event

During

Help collect donation envelopes and hand out paddles.

Collect Uni-bucks during the auction.

Sell basket raffle tickets

After

Help coordinate the receivers and donors after the auction has taken place.



Entering the Sacred Circle: A Healing Ceremony

Friday January 23, 2015

Potluck doors open at 5:00

(1st Nation tradition usually includes sharing a meal as part of any ceremony.

Please bring something to share, the meal will begin at 5:30)

Ceremony begins at 7:00

Native Elder Bill Wuttunee and his assistants invite us to experience a spiritual ceremony rooted in the First Nations tradition. The intention is to more deeply understand the First Nations way of life, to build a bridge between cultures. Everyone will participate and have the chance to speak what is on your heart. There will be singing and drumming as part of the ceremony. If you would like to be part of the team supporting this event please talk to Bill or Rev Debra (debra@unitarianscalgary.org or 403 702-6486). Everyone welcome!

Each of us is meant to have a character all our own, to be what no other can exactly be, and to do what no other can exactly do.

William Ellery Channing, Unitarian minister

Sunday services begin at 10:30 a.m. unless otherwise noted.

January 4 ~~ A Community of Characters

This month's theme is Character with a subtext of Ethics. This morning we explore what makes up one's character, what informs our ethics, and how does a community such as this encourage, challenge, support and build character.

Presenter: Rev Debra Faulk

Service Associate: Danielle Webber, Student Minister

Music: Jane Perry, Music Director

January 11 ~~Compassion Exchange

Part of being a community of character means taking care of one another when we need help or support. Religiously, we do this in honor of our second principle, which declares we will engage with compassion in human relations. This month, UCC will launch a new initiative called the Compassion Exchange. Find out how this initiative will assist and enable us in our mission to be the compassionate community we know we are!

Presenter: Chris Rothbauer, Intern Minister

Service Associates: Dorothy Lloyd

Music: Jane Perry, Music Director and UUphonia

Note: Multigenerational Choir practice at 9:30

There will be no Wednesday night Soulful Sundowns during January

January 18 ~~Test of Character

There are many individuals who exemplify living ethical lives. Are there common qualities that can inspire us?

Presenter: Rev Debra Faulk

Service Associates: Chris Rothbauer, Intern Minister

Music: Music Director, Jane Perry and UUphonia

January 25 ~~Being Good Without God

One of the challenges raised to Unitarian Universalist by more traditional religionists is how can we be good without the idea of an external motivator. Our claim is that we are people of deeds not creeds, what then is the motivation to good deeds?

Presenter: Rev Debra Faulk

Service Associate: Chris Rothbauer, Intern Minister

Music: Jane Perry, Music Director, Multigenerational Choir and Tom Mirhady, cellist

Deep Listening TLC

Sunday, Jan. 4 12:30 – 2:30 p.m.

OR

Monday, Jan. 5 7 – 9 p.m.

There has been really positive response to the TLCs (Theme-based Listening Circles) with a number of people wanting to join. The foundation of the TLCs is deep listening so Rev Debra will facilitate a TLC session on Deep Listening. After this session new groups will be established to continue with the monthly themes. Sign-up is requested on the Board in Wickenden or tlc@unitarianscalgary.org

The Jan. 4 Others recipient is Child Haven International.

"Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered charity founded in 1985 (by Unitarians Bonnie Cappuccino and the Rev. Fred Cappuccino). We assist children and women in 4 countries, who are in need of food, education, health care, shelter and clothing, emotional and moral support.

Child Haven has five homes in India, one in Nepal, one in Tibet and one in Bangladesh. Our homes accept children who are disabled, parentless, or from socially disadvantaged situations - and who are destitute, i.e. do not receive even one good meal a day.

Girls and boys are treated equally, and without regard to race, caste, colour, religion or culture. Living is simple and meals are vegetarian. We try not to Westernize the children, but rather attempt to raise them according to the highest ideals of their own cultures. We respect the heritage of each child, whether Hindu, Muslim, Jain, Sikh, Christian, Buddhist, secular or other.



Debra's Deliberations

In late December I was invited to speak at an Ashura event honouring Imam Hassain, the grandson of Mohammad. I must confess that until this invitation came I knew little about this man who is so significant in the history of Islam. It was an opportunity to educate myself. This opportunity to educate myself had a poignant significance as that was the week when the act of fanatics ended the lives of 134 school children in Pakistan. Education may be the greatest weapon we have to combat terrorism so we continue to educate ourselves and advocate for universal education. Education is one way we build character.

Part of what I said was at the event was “My new understanding of Imam Hassain reveals him to have been a man of great courage and character. I am reminded of the words of another justice seeker, Martin Luther King, Jr. who said *“On some positions, Cowardice asks the question, ‘Is it safe?’ Expediency asks the question, ‘Is it politic?’ And Vanity comes along and asks the question, ‘Is it popular?’ But Conscience asks the question ‘Is it right?’*

And there comes a time when we must take a position that is neither safe, nor politic, nor popular, but we must do it because Conscience tells us it is right.” Imam Hassain it seems to me was a man of conscience, a man willing to sacrifice for what he understood was right – for freedom, the release from slavery and oppression.

So I find myself incredibly grateful for the opportunity to engage in Interfaith dialogue and to note the synchronicity of our January theme of Character being lifted up in a new way for me.

January seems a perfect time to talk about living a life of character for January and the New Year for it is the time of year we often resolve to improve ourselves, to turn over a new leaf. The message is clear: You can be better, different and more!

This also sums up a central message of our Unitarian Universalist faith. There is an optimism to this message, reflecting a deep faith in human potential. And yet when we're not careful, this message can come off as finger wagging. “You can be better!” sometimes sounds like “You should be better!” This can easily lead to a focus on flaws. Character development becomes mostly a matter of squashing bad habits, eliminating weaknesses and confessing all the ways we fall short. Countering this flaw-focused view is what this month is all about.

Indeed, at our best, Unitarian Universalism has always come at character building from the perspective of joy. Yes, joy. Our forebears found themselves surrounded by voices claiming that salvation was a matter of correct belief. Over and against this approach of “salvation by faith,” they lifted up the idea of “salvation by character.” “Deeds not creeds” became our distinguishing voice. And the type of salvation that concerned our forbearers most was not the personal type of earning one's way into heaven but that of offering your best self to the world. This is where the joy comes in.

Forget about beating yourself up for all the ways you fall short; Get busy discovering the character traits that are uniquely yours and offer them to the world. That is the game of salvation. This was their message. This is our message. From a UU perspective, character-building is not just about becoming better; it's about finding yourself!

This perspective is supported today by a new school of positive psychologists who have shown that doing good and feeling good go hand in hand. That good feeling you get is not, they say, just from having helped another human being. It also comes from having acted from a place of authenticity and uniqueness. Some of us just naturally empathize with others. Some instinctually are loyal no matter what. Others are truth-tellers, with the courage to speak truth to power even when that power towers over us. Still others forgive with ease. When we act from these “signature strengths”—as the positive psychologists call them—we are not just making the world a better place; we are offering the world our unique gift. And we all know that gift-giving is a whole lot of fun!

So, yes, forget all the “shoulds.” Forget that dreary and moralistic focus on confessing your flaws and eliminating your bad habits. Instead get moving on that joyful adventure of discovering and developing those particular signature strengths that you were born to offer the world.

Who knew that living a life of character could be so much fun!

edited in part from Soul Matters Theme Based Ministry Sharing Circle

*Namaste
Debra*

Debra's Office

Hours: *Monday: Day Off*

Sermon Writing: Wednesday

Office Hours:

Tuesday: noon – 4p.m.

Thursday: 11a.m. – 7p.m.

(Drop-in Tea: 3 – 4 p.m.)

Other times by appointment

For other times please book an appointment.

(403) 230-8938 (office)

(403) 702-6486 (cell)

Membership Committee News

We would like to welcome these three new members:



Lisa Piegrass

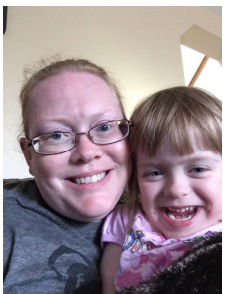
Lisa started coming here for the music. You may have heard her in the UUphonia choir, or singing lovely solos in Panabaker Hall. Remarkably, the choir director at the UU church in Santa Monica told her about us before she moved here! So she's been coming here off and on for about a year now. She came for the music, but now sees the community, relationships, and social justice as reasons to get more involved. Lisa is jumping in with both feet now: She sang throughout the summer with Kichiji's Summer Singers, attends Second Sunday Suppers, went to the Western Regional Fall Gathering in Edmonton, and now is volunteering with the Membership Committee. She's interested in music, reading and friendships, and looking forward to becoming a more connected part of the community.



Heather Walker

Heather became interested in Unitarianism when she discovered that her great grandmother, Fairy Walker, was a founding member of the Calgary congregation. She has been attending our Cabaret performances for over ten years, and worship services for two to three years now. Heather found the recent Western Regional Fall Gathering an enjoyable and valuable weekend. As a Member, she hopes to continue being involved with the children's religious exploration program, as well as with her own religious exploration. Heather works as a transit operator, and her other interests include fostering dogs and cats from the Humane Society, several years of building the Dragonfly cohousing community, and visiting

with her young grandchild in the West Kootenays.



Shannon Beshara

Shannon comes to us from the Unitarian Church of Edmonton. She has recently moved to Calgary, and has been attending here for about three months so far. Like quite a few others, she found out about Unitarian Universalism by taking the faith quiz on Beliefnet.com. Shannon brings her four-year-old daughter, Kahlan, to the church school as she wants to raise her with UU values. And she is looking forward to finding community here for both herself and Kahlan. Other interests Shannon has are sewing, learning, music, reading and baking.

Quilt Raffle

Tickets available until March 1, 2015

Take a look at the beautiful quilt hanging in Panabaker Hall. It is so beautiful and was created by the loving hands and heart of Brandis Purcell. Tickets are \$2 each or 3 for \$5 and can be purchased on Sunday mornings, at church events, from the office or by contacting quilt@unitarianscalgary.org.

Character is how you treat those who can do nothing for you.

Anonymous

Cultivating Loving Hearts/Open Minds: Children & Youth Religious Exploration

The Pageant, "Star Shine" was a wonderful affair!



The Wise Ones chilling in the Board Room before they go on.



Many fish in the sea.

So many thanks to everyone who helped with this year's pageant:

The CHILDREN of the CYRE program!

Our director- Brian Dorscht.

The narrators- Ben Bradt and Carolina de Barros

The Child Ray in the story- Emma Cape

The Wise Ones and InnKeeper- Hedda Zahner ; Pierrette Lavalee-Hoch; Jack Paulsen and Linda Brown along with her puppet, Nigel

The wranglers who moved groups of children during the pageant- Michelle Gaudek; Anita Blackstaff; Donna Ontonio ;Kim Sundset and parent helpers.

The props handlers- Michael Leboldus, Heather Walker, Casey Currie and Kailin Gillis.

Props creators- Fay Geroux, Dorothy Lloyd, Corrina

Nielson and the Evans-Webb family

Costume makers/handlers- Marsha Haug; Shannon Beshara and Heather Walker

Audio-Visual volunteers- Bob Wilson and Hendrick Schaink

All-Ages Sunday Team- Heather Walker; Karol Gouschuk and Michael Leboldus, and many other adults helpers!

Staff supporters and overall cheerleaders- Rev. Debra, Jane, Chris, Danielle and Ryan!!

Apologies to anyone whose name was missed.

It was great fun and I'm already looking forward to next year's Mid-Winter Pageant adventure!

December' Theme has been Connection. We 'connected' in many ways for the pageant and connection was discussed and worked with during Sunday School time. Connection was also the theme at the Family TLC @ Léa Leboldus' house where Léa and her dads Michael and Kitt hosted a lovely evening for four children and six adults on Dec. 17. Kim Sundset facilitated the evening's activities where the group played a game and the end result was picture of an outdoor gathering place, out ideal park where year-round connection within a community could happen. You can see the park on the 'Connection' bulletin board in the CYRE hallway.

Coming in January, 2015: the **Multi-Gen Choir** will be meeting once again for 3 Sundays in a row starting on Jan. 11. The plans are underway for the **SECRET BUDDIES** program where children in the CYRE program are matched with a Secret adult buddy for a correspondence relationship for several weeks before their identities are revealed. Plan on being a part of this wonderful program!

Shannon Mang, Director of Religious Education
Contact Shannon at dre@unitarianscalgary.org
Phone number: 403-230-4146
Office Hours: Tuesday & Wednesday: 9 a.m. to 5 p.m.



“Character: Including All”

As a special education teacher, I was often called upon to include people of differing abilities in the classroom. This was often a challenge but I saw it as an important one. These were children who had the ability to do the work but needed different accommodations in order to function in the classroom. I saw providing this space to be included was a religious task since I believe that all people have inherent worth and dignity, and it is up to us who have privilege to find new ways to include all people in activities, both in the church and in our personal lives.

Although I have a lot of experience in this area, I recognize there are always new things to learn. For example, there’s the words we use in services when we sing a hymn. We have recognized that simply saying, “Please stand,” excludes many people with physical disabilities. This was changed in many congregations to, “Please stand as you’re willing and able,” as this was deemed more inclusive, recognizing that some people can’t stand even if they wanted to. But this still excludes those who can’t stand since they don’t have the ability. Many congregations have now changed what they say to, “Please rise in body or in spirit,” believing that all people can rise in spirit, and leaving out the word stand since it involves a physical ability.

During a recent service, though, I found some pushback to this phrase. Does it really include all people and does it really make clear that physically rising is not necessary? In addition, what of people who may be depressed, or who may be in such an emotional state they do not particularly feel like rising in spirit? Do these words include them? I have come to believe they do not, and plan on experimenting with new words, “Please rise as you’re willing and able.”

I do this because I believe church is one place where everyone can feel welcome and accepted. This month, our theme is character, and part of character is recognizing that not everyone is the same and sometimes we need to make allowances to ensure that everyone has the same opportunities to be included as we do. This is holy work that can be extended into our personal lives as we naturally find ways to include people in our lives that may be very different from us.

I do not know if these words will be perfect, but they’re a step towards recognizing the impact of our words on the inclusion of others within the congregation. I may eventually need to change my words again, as I recognize that this is a never-ending process in which I learn more about others. It is work that must be done, though, if we hope to live in beloved community with one another, for beloved community means loving others and accepting them not because they are all the same as us, but because we are all interdependent. We need each other, and inclusion allows us to take a step towards making that community we dream of a reality.

**Chris Rothbauer is the Unitarian Church of Calgary Intern Minister. Email chris@unitarianscalgary.org
Office (403) 276-2436**

Get your game face on for games



January 9, 2015

Bring your favourite board or card games.

All ages event.

Potluck snacks

Any question you may contact:

webberbev@gmail.com

cprestn5@telus.net

Character may be manifested in the great moments, but it is made in the small ones.

Phillips Brooks



Intern's Perspective

Coming to the end of a busy winter season has me quiet exhausted and

thinking that I am ready for a holiday. This got me to thinking that many people likely feel like this at the end of a busy

holiday season, and wondering why it is that we run ourselves ragged to enjoy moments together here and there with friends and people that we love. Baking for this event, and cooking for that. Cleaning our house for one party, and driving around the city for three others. We agonize over the wrapping of Christmas gifts and the preparing of Christmas dinner, but when all is said and done the paper goes into the bin and the feast is gone within 30 min.

I decided to be really intentional about spending time with my family this holiday season. Sunday evenings we sat around the living room, turned off our electronics and we have been reading a book out loud together. It has been an excellent way to unwind and laugh together at the end of a busy week.

We also decided to rent a cabin, and get away from the hustle and bustle for a few days.

I think that my New Year's resolution going forward is to keep this sense of balance and connection all the time. As a denomination of "deeds and not creeds" I will take this same stance in my life. I will stay connected and try to maintain a sense of balance. This month's theme is character, and it seems appropriate to be matching this with the season of the New Year, making promises to show and maintain better character. But instead of judging ourselves, and attempting to squash the worse within us, why not lift up the best, find those traits within ourselves that we love, and let them shine. Remember what you were intentional about this past season, and let it shine for the rest of the year.

Danielle Webber is the Unitarian Church of Calgary Student Minister. Email: danielle@unitarianscalgary.org

"Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action. If one lets fear or hate or anger take possession of the mind, they become self-forged chains." — Helen Gahagan Douglas



Upbeat News

by Jane Perry, UCC music director

with the singing of Raffi's "Love Bug" in the January 25 service. This is a singing group for singers from age 3 to 103 where everybody gets to sing the tune --- join us! Rehearsals: Sunday January 11, 18 and 25 from 9:30am to 10:00am in Panabaker Hall.

UUphonia will hold its first January rehearsal on Thursday, January 8 from 7:30pm to 9:30pm in Panabaker Hall. This is a great evening for new singers to join us, as we will be starting work on brand-new repertoire for our spring Cabaret, this year entitled "All That Jazz". No audition necessary --- just show up at rehearsal and you will receive a warm welcome!

Cellist Tom Mirhady and his musical friends present a jazz-themed chamber music evening entitled **Ode de Cologne: The Concert**. This is in part a celebration of the fortieth

Multigenerational

Choir rings in the new year with three rehearsals in January, culminating

anniversary of jazz pianist Keith Jarrett's *Köln Concert* recording and in part a celebration of Tom's days as a music student in that German city. Musical offerings will include Claude Bolling's *Suite for Cello and Jazz Trio*. With pianist Jane Perry, drummer Robin Tufts and others. Friday, January 30 at 7:30pm in Panabaker Hall. Tickets: \$25 regular, \$20 senior/student, or pay what you can. Free admission for those age 18 and under.

And looking ahead...

Cabaret 2015! Mark your calendars now: UUphonia will present its spring Cabaret **All That Jazz** on Friday, May 8 and Saturday, May 9, 2015 at 7:00pm both nights. The show will feature full-choir numbers, soloists and small ensembles, and an in-house jazz trio! Tickets will be available starting on Easter Sunday.

SECOND SUNDAY SUPPER

Join us January 11 for Second Sunday Supper (SSS), which is a time to gather with old and new friends over a delicious meal prepared by Dean Kasner, Joan Brown, Bev Webber and their many helpers.

Doors open at 4:00

Supper served at 5:00

This supper includes:

Vegetarian Moroccan stew with Dumplings

Beef Bourguignon with Dumplings

Caesar Salad

Tossed Salad

Raspberry Coconut Cream Pie

Look on the bulletin board in Wickenden Hall for the sign up sheet and to see what the menu is.

The signing up is very important to the chefs, as they need to know how many too cook for.

When signing up please indicate if you have an allergies and food preferences. The chefs do they're very best to accommodate all these, unfortunately we are unable to accommodate special needs without notice. *Every meal will include a Gluten Free option as well as a Vegetarian option.* **Dinners are by donations.**

Community Kitchen

On December 10, six individuals got together to bond over making food for our Casserole Ministry. After enjoying a meal of Shepard's pie, and soup we package up the leftovers. Some of us took home a package or two but the majority of the food went into the freezer in the Panabaker kitchen.

So if you are planning on doing a home visit with one of our members, perhaps think about taking a meal or two with you. Maybe you are having a rough day and need some comfort food yourself.

Or you might know someone among us that is in needs some hot meal. Just find someone from the Caring Team and they will help you.

These meals have also been used by people coming in from the community. Ryan, our administrator, has given meals out to people who have access to microwaves or ovens. They have also been known to warm up one or two up for those who are in need. Thank you to Fay Grioux, Donna Ontino, Jennifer Desjardines, Linda Brown, Danielle Webber and Bev Webber for all their help with the Community Kitchen.

Watch for details when we will get together again to make food for the Casserole Ministry.

Caring Team

caring@unitarianscalgary.org

Prayer Shawls Needed

Caring team is in need of more shawls in their stash. We have recently given several away and would like to replenish our stash.

The Prayer Shawl "program" was started a few years ago by the Caring Team. Getting a Prayer Shawls or as I like to call them Comfort Shawl is like getting a warm hug from the Church community.

Wonderful knitters and crocheters in our community make these shawls. Caring provides the yarn, patterns and all we ask of you is to make them with love, understanding, and caring in each stitch.

If this is something that you can help us with please send an email to caring@unitarians.org or ask Mary-Anna Louise Kovar, Danielle Webber or Bev Webber.

We [UUs] are concerned with the ethical relations and understanding of life, not about the salvation of souls. For us, salvation is by character; religion is a matter of deeds, not creeds; and this natural world is the center of our lives.

George Marshall, UU historian

Volunteer of the Month

Your Board of Trustees recognizes Donna Ontonio as the January Volunteer of the Month.

Donna is an active member of three church committees, and contributes to our community in numerous ways.

Donna has been on the Church Services Committee for many years. She is quietly diligent about any task she takes on, be it providing a glass of water for the service leader, checking on the fluid level in the chalice, making sure one candle is lit in the wall-hanging candle holders, ensuring there will be flowers, or any of the many other tasks pertaining to the Church Services Committee. Donna is a committee member with a big heart for every aspect that touches her sense of family and belonging -- what she takes on is accomplished in a gentle, caring and easy-going supportive way.

Donna has been a big supporter and doer with the Hospitality Committee. This includes helping out with lunches, purchasing supplies, kitchen cleaning and organizing, etc. She is always willing to help out with events in support of the Choir, fund raising, etc.

During the stewardship campaign Donna was a constant participant and contributor. She helped out in all the mail outs, the follow up calls and arranged for the lunch and cakes for the canvas [Sunday](#) event. She kept a very positive outlook and made valuable contributions to the overall organizing.

After noticing that Music Director Jane Perry didn't have much in the way of [Christmas](#) bling every year Donna and her granddaughter Sarah have given her something [Christmas-y](#). The snowman socks and red tie give Jane something festive to wear at December musical events.

When Donna offered to volunteer with the Mid-Winter Pageant this year, being a 'wrangler' may not have been what she had in mind! Donna was one of four 'wranglers' who made sure that their group of children were in the right place at the right time. Donna's group was more complex to 'wrangle' as they were made up of the older children who had the roles of Brook, Fairy, Fish and Star. So, at any given time, one of them had to be in a place different from the other children. Donna handled this complexity with grace and humour. We are so blessed to have Donna and her granddaughter Sarah share their multiple gifts in the CYRE program.

In addition to her church activities, Donna was a founding member of the Calgary Raging Grannies "gaggle" in 1998, and she has for some time been treasurer and "Herstorian," keeping the record of gigs (who sang what where for what cause) with photos and news clippings.

Congratulations Donna, and thank you for all that you do.

Many Thanks to All the Fruit Cake Helpers and Purchasers - \$2923 Raised!

Thanks to the help of many dicers, choppers, bakers and wrappers, we had another very successful fruit cake operation this fall, with a final net profit of \$2923 for our operations budget. (And this net profit was after helping to pay for a new, powerful professional quality beater for the church kitchen!).

I owe a big thank you to all the loyal purchasers and promoters of our cakes. Your support ensured we had another sold out year. Extra kudos go to Jeff Webber who bought 26 half cakes as his holiday thank you gift for a corporate client team. If you wanted a cake this year but didn't order in time, make sure to let me know earlier next fall.

A very special note of thanks goes to Mary Jane Hussey who, yet again, baked the 20 light cakes at her home while our baking team baked 100 chocolate, millennium and dark cakes at the church kitchen. (The church smelled fantastic for one week!)

And I wouldn't have had such great cake quality without the ongoing guidance of our master chef and baker, Joan Brown - thank you, Joan.

This tradition of baking fruit cakes to raise money for the church began over 50 years ago and was started by Mary Smyth and then continued by Mary Jane Hussey before she passed the torch to me. This is a wonderful tradition that provides lovely times of socializing and community as we get together to prepare, bake and wrap our cakes. Please consider joining me next fall when I put out the requests for volunteers. There is a need for both Saturday and weekday volunteers. Even finding an hour to help me wrap completed cakes late afternoon would be very appreciated.

I hope all purchasers are enjoying their cakes as much as I am enjoying mine.

Jane Ebborn

Introducing the Compassion Exchange

By Chris Rothbauer, Intern Minister

Since my arrival at UCC in September, I've been examining the structure of the caring committee. I've discovered that this is a very compassionate congregation that cares for each other in informal ways every day. There is so much affection for one another and we want to make it easy to connect with and offer help and support whenever it is needed.

The informal connection is wonderful, though the lack of a formal structure ensuring that caring is happening has the potential for people fall between the cracks. One of my areas of focus has been how to implement a process that will facilitate compassionate actions between members and friends of UCC that is sustainable and ensures that all members and friends of our community have access to a system where they can express their needs and offer support.

So let's try the Compassion Exchange. Based on a model from Westwood Unitarian Church in Edmonton, the Compassion Exchange matches those willing to provide services in a specific area with those who request such services. Your caring team has identified six areas in which congregants may potentially request services:

- **Listeners.** Those willing to listen to a member or friend sort through a troubling issue or dilemma. e.g. someone contemplating a big change or decision.
- **Phone Friends.** Those willing to call congregants and friends who may require services on a regular basis to check in with them and see what services they may need, e.g. those who may need transport or handihelps on a regular basis. This is a perfect way for those who may not be able to get around easily to still engage compassionately with members of our community.
- **Nourishers.** Those willing to prepare a soup or meal for member(s) or friend(s) in difficult circumstances, to prepare food for the casserole ministry, or to take an item from the casserole ministry to a member or friend in need. e.g. a family or individual suffering a loss or serious family illness.
- **Transporters.** Those willing to drive/accompany someone to an appointment, deliver nourishment, or bring to church for a service or other program. e.g. to a homebound person going through trying times.
- **Visitors.** Those willing to visit a care facility or at home. e.g. bring news of UCC and check-in for the well-being of a member or friend.
- **Handihelps.** Those willing to help with a repair or provide advice to those in an emergency.

Those willing to provide services in any of these six areas will be known as Gifters. They will not be required to respond to every request, only to those requests that fit with their time and abilities.

Those requesting services will be known as Wishers. Multiple ways will be launched over the next couple months for Wishers to request services, including caring cards, a form on the web site, and a new e-mail address, compassion@unitarianscalgary.org. When a Wisher makes a request, an e-mail will be sent to the Gifters in the category the Wisher needs assistance with. The Gifters will respond to requests they can provide. The Compassion Exchange will be run by a team of Compassion Coordinators including our minister, Rev. Debra Faulk. For now, I will be the primary Compassion Coordinator and will be actively launching the program to ensure it is sustainable for the future.

You will be hearing lots more about the Compassion Exchange over the next few months. In the meantime, I invite you to call, e-mail, or approach me if you have any questions or if you either wish to become a Gifter or have a wish you need fulfilled.

Unitarians speak warmly of salvation also, but in terms of character. We prefer to think of it as an achievement dependent on deeds rather than creeds

Jack Mendelsohn, UU minister

Shavings from the Board

by Mary-Anna Louise Kovar President, UCC Board of Trustees

The Board has not yet received any nominations for the Panabaker Award. The deadline for submission of nominations is Jan 11, 2015 so if you have been meaning to do so please put it at the top of your list! December has been a busy but productive month for the Board with meetings of the Governance and Strategic Planning Committees and with Board Liaisons assisting with the reimagining of the Caring Team and sorting out issues with respect to CUSJ. This month we expect to receive the preliminary results of the Strategic Planning Committee's look at Strengths, Weaknesses, Threats and Opportunities for our congregation and some suggestions regarding possible goals. There is much to look forward to in the coming year!

DID YOU KNOW...? NAME THAT ROOM! —PART 3 — PANABAKER HALL

(aka the sanctuary, the worship hall)

Panabaker Hall is named in honour of Harold and Marion Panabaker, who were longtime members and leaders within our church community. Harold (1897-1977) was born in Hespeler (now part of Cambridge, Ontario). He served in World War I, was present at Vimy Ridge and earned a Military Medal for Bravery in the field. He was educated at the Khaki University in England, and at the Universities of Alberta and Chicago. A teacher since 1921, Harold moved up the ranks of the Calgary Board of Education, eventually serving as Assistant Superintendent of Schools. Harold Panabaker Junior High School, in the community of Southwood, was opened in 1963 and named in his honour. Harold left a legacy to the school which is used each June to provide books for award-winning students. Marion (1918-2007) was born in Windthorst, Saskatchewan, and grew up on a farm in northern Alberta. She attended the University of Alberta, Columbia, and the Union Theological Seminary in New York. Marion was Alberta's first Resource

Teacher, working in the Calgary school system, which is where she met Harold. Harold was a member of the original Unitarian fellowship in Calgary in the 1950's, and after their marriage in 1964, Marion also began attending the church. They remained highly involved in all aspects of church life until their deaths. In 1990, Marion received the William Irvine Award (renamed after her death to the Harold and Marion Panabaker Award) for her extraordinary service to benefit the church community, and in 2002 she was recognized with the Governor General's Award for Caring Canadians, for her volunteer work with numerous Calgary organizations.

On a personal note, Marion was one of the first people I met when Bob and I first visited the church with our two preschool children in the early 1980's. She was volunteering downstairs in the nursery that day, and her welcome was so warm and genuine that Sarah and Jesse immediately felt at home, and thus began our own long involvement at the church. I remember Marion as a tall, gracious and caring person, always interested in the activities and opinions of others, and forthright with her own point-of-view. Her wise counsel is sorely missed by many in the congregation.

-Loretta Biasutti, History and Archives Committee

Membership Committee News

The Membership Committee will hold its next Introduction to Unitarian Universalism workshop on **Saturday, January 17, 2015**, from 9:30 AM to just before noon, after which we will provide lunch. The session is an opportunity for those who are not familiar with our tradition to learn more about us. The session will include information about the history of this church and of the denomination, plus an opportunity for you to ask questions of the Minister and members of the congregation.. Please register by emailing membership@unitarianscalgary.org If you would like child care, please let us know in advance and we can provide it.

This month we recognize and thank:

Kudos

Leslie Buckle, Operation Cookie organizer, and all the bakers, cookie sorters, wrappers, and delivery people

The **Second Sunday** supper team – Bev Webber, Dean Kasner, Joan Brown and their helpers

Linda Brown for donating forty brightly-coloured kazooos to UUphonia to add to the holiday concert's pizzazz, and all UUphonia members for singing with gusto

The Music Committee for helping to organize recent magnificent concerts and all the music lovers who form the audience

Everyone who sang at the Siksika children's **Christmas Party** (Jane Perry, Kichiji, Neil, Karen, Pierette, Lisa, Linda, Susan, Jack, Dorothy, Joan, Jamie, Corinna, Brandis, Hedda, Duff, Maggie, Bonnie)

Fay Giroux, Linda Brown, Jennifer Desjardins, Donna Ontario, Bev Webber who helped to stock the casserole ministry freezer

The fundraisers: calendar, book, card and coop card sellers Mary-Anna Louise Kovar for running a good Stewardship meeting

Bob Pond for his work in the financial statement

Bev Webber, Marie Paturel, and Dean Kasner for providing food for the light meal following the Blue **Christmas** service and Bev Webber, Mary-Anna Louise Kovar, and Maidie Couvillon for their help in setting up for the dinner and clean-up afterwards

This is just a sampling of the many people who contribute in numerous ways to our community. When you catch someone in the act of kindness and service please share the info by placing it in the Kudos box on the Welcome Table in the Barker Room or emailing Kudos@unitarianscalgary.org. Gratitude to the people who helped with the Solstice, Emma Russell for the amazing green man and mummer play actors for the great performance and all the other merry makers. Thank you to the stewardship team for all their work.

How to Reach UCC Staff

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Monday through Friday: 9 a.m. - noon

Publishing the Quest

The UCC Quest is published 11 times per year by the Unitarian Church of Calgary. Electronic copies are available at www.unitarianscalgary.org/newsletter/. Submissions of articles, photographs, and event announcements are encouraged. If you have any questions about the Quest, please contact the editor, Rebekah Mobley-Kasner, 403-284-0346 or by email, quest@unitarianscalgary.org.

Future Quest Deadlines:

The Quest Deadline is the Third Sunday of every month except for July.

ENEWS

The ENEWS is normally published via email once a week on Wednesday mornings. Material for the ENEWS should be submitted by the previous evening. If you would like to receive the ENEWS, please email enews@unitarianscalgary.org

Booking Rooms

As our Church gets busier it is important that if rooms are needed they are booked in advance. Space can be reserved either by filling out the online booking form found here <http://unitarianscalgary.org/calendar/#form> or by contacting the Church Administrator at 403-276-2436 or office@unitarianscalgary.org

Lay Chaplains: Carl Svoboda and Kathryn Burwash

Our Lay Chaplains are trained to perform rites of passage, such as weddings, funerals/memorial services, child dedications, etc. They are available to provide such services for a fee to the wider community. (Services for Unitarian Church of Calgary members are provided by the minister.) Our lay chaplains can be contacted by calling the church at 403-276-2436 or via email, laychaplains@unitarianscalgary.org.

The Caring Team

The Caring Team provides support to the members, friends, and families of the congregation. If life has you stressed because of illness, hospitalization, moving, we can help. If you have something to be celebrated, such as a graduation, marriage or new child, we are there with you. We are all part of the Caring Team! Need support, have a concern, or want to be of service? Contact caring@unitarianscalgary.org

Calling all writers!

Have a poem you want to see in print? Have a story tale to share? Have a Unitarian Universalist fact that we need to know? The Quest is accepting short pieces of original writing. Please send 75 to 100 word submissions to quest@unitarianscalgary.org. Your work will be featured in upcoming issues of the Quest where space permits.

To learn more about the Unitarian Church of Calgary, use our QR Code.

